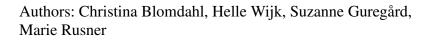
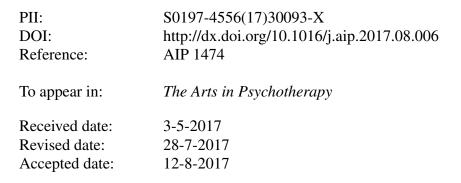
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Title: Meeting oneself in inner dialogue: Manual-based Phenomenological Art Therapy as experienced by patients diagnosed with moderate to severe depression, a qualitative study







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ACCEPTED MANUSCRIPT

Meeting oneself in inner dialogue: Manual-based Phenomenological Art Therapy as experienced by patients diagnosed with moderate to severe depression, a qualitative study

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Highlights

- Art-making enables meeting and responding to oneself and one's own reactions
- Inner dialogue gives new perspectives, discoveries, and understandings about self
- Inner dialogue consist of conscious choices of materials, symbolizing the inner world
- Discussing the image helps to deepen the inner dialogue
- The therapist should focus on supporting the inner dialogue.

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